



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-23-12)

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100348 - CORN, FROZEN, WHOLE KERNEL, 30 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade B or better corn, golden (or yellow), whole-kernel.
PACK/YIELD	<ul style="list-style-type: none">30 lb case.One 30 lb case AP yields about 82½ cups ready-to-serve, raw, tempered (unheated) corn and provides about 333.0 ¼-cup servings ready-to-serve, raw, tempered corn OR 330.0 ¼-cup servings cooked vegetable.One lb AP yields 0.99 lb (about 2¾ cups) ready-to-serve, raw, tempered (unheated) corn and provides about 11.1 ¼-cup servings ready-to-serve, raw, tempered corn OR about 11.0 ¼-cup servings cooked vegetable.CN Crediting: ¼ cup cooked corn OR ¼ cup tempered corn provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened frozen corn at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten life and speed deterioration.Store opened thawed corn covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Corn, yellow, boiled, drained, without salt added

	¼ cup (41 g)	½ cup (82 g)
Calories	33	67
Protein	1.05 g	2.10 g
Carbohydrate	7.96 g	15.92 g
Dietary Fiber	1.0 g	2.0 g
Sugars	1.27 g	2.53 g
Total Fat	0.28 g	.55 g
Saturated Fat	0.042 g	0.085 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.19 mg	0.39 mg
Calcium	1 mg	2 mg
Sodium	0 mg	1 mg
Magnesium	12 mg	23 mg
Potassium	96 mg	192 mg
Vitamin A	82 IU	164 IU
Vitamin A	4 RAE	8 RAE
Vitamin C	1.4 mg	2.9 mg
Vitamin E	0.03 mg	0.06 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Corn can be cooked without thawing.• STOCK POT OR STEAM-JACKETED KETTLE: Add frozen corn to boiling water. Optional: add 1 tsp salt or other seasoning to each 100 servings of vegetables. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain.• STEAMER: Place frozen corn in a single layer in a steamer pan. Steam uncovered at 5 lb pressure for 9 to 10 minutes. Drain. Optional: sprinkle and stir 1 tsp salt or other seasoning over each 100 servings of vegetables. Do not boil.• Cook frozen corn only until tender but crisp. Corn will continue to cook when held on a hot steam table or in a holding cabinet. Corn will become overcooked if held too long; schedule cooking of frozen corn so it will be served soon after cooking.• Batch cook vegetables just before serving to improve quality.
USES AND TIPS	<ul style="list-style-type: none">• Serve whole kernel corn cooked as a vegetable or use in a variety of mixed vegetable dishes, main entrees, soups, or salads. Thaw corn for use in marinated vegetables or pasta salads.• Combine corn with lima beans to make succotash. Corn adds color to any dish, such as meatloaf or mixed in casseroles with other green vegetables. Add corn to mixed vegetable and pasta salads.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Do not refreeze corn.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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